

## BAR SNACKS

**CHIPS & QUESO** ... 12 **GF**

### CRAB RANGOON (7)

made fresh daily, fresh lump crab, sweet thai chili sauce ... 17 *limited quantity available*

### PRETZEL STICKS

served with queso and grain mustard ... 18

### CRAB DIP

lump crab, old bay, orange peppers, tortilla chips ... 22

### HUMMUS PLATTER **GF**

purple cauliflower, cherry tomato, cucumber, carrot, pita ... 16

### NACHO BITES **GF**

individual homemade tortilla chips, refried beans, homemade guac, chihuahua, sour cream ... 13  
*(pulled chicken +4, grilled chicken +6, skirt steak +12)*

### HOLY LOADED **GF**

choice of seasoned waffle fries or tots, topped with smoked chicken, queso, bacon, ranch ... 16

### QUESADILLAS

chihuahua cheese, bell peppers, onion, flour tortilla, side of pico and sour cream ... 14  
*(pulled chicken +4, grilled chicken +6, skirt steak +12)*

## FROM THE FRYER

**TRADITIONAL WINGS (8)** ... 17

**BONELESS WINGS (12)** ... 17

### CHICKEN TENDERS

served with choice of waffle fries or tots ... 21

#### CHOICE OF SAUCE

traditional bbq, honey hot bbq, buffalo, kill bill, hot hoisin, garlic parmesan

## THEORY CLASSICS

### MAC + CHEESE FLATBREAD

trust us, you'll love it ... 17

### TACO FLATBREAD

*an ode to happy joes in iowa city*  
chorizo, chihuahua, refried beans, pico de gallo, salsa verde, topped with lettuce and crushed doritos ... 20

### RICE BOWL

white rice, carrots, green + red pepper, broccoli, onion, mushroom, hot hoisin sauce ... 16 *(grilled chicken +6, skirt steak +12)*

### RIGATONI ALLA VODKA

rigatoni pasta, in house made vodka sauce, chili flakes, basil, mozzarella ... 21

## SALADS

### SOUTHWEST **GF**

mixed greens, romaine, roasted corn, black beans, avocado, tortilla strips, pico ... 13

### MEDITERRANEAN

mixed greens, romaine, kalamata olives, tomato, cucumber, red onion, feta, pita, side of hummus ... 17

### CAESAR **GF**

romaine hearts, croutons, parmesan cheese ... 14

**DRESSING**

champagne vinaigrette, caesar, salsa ranch, ranch, bleu cheese, honey mustard, balsamic vinaigrette

#### ADD-ON'S

pulled chicken +4, grilled chicken +6, skirt steak +12, grilled shrimp +12  
*make it a wrap with fries +3*

## SANDWICHES & WRAPS

**SERVED WITH** a choice of seasoned waffle fries or tots *(substitute any side +2)*

### THEORY BURGER

two flat top patties, american cheese, shredded lettuce, tomato, onion, pickle, brioche ... 16  
*Sub cheese +1 (cheddar, merkt's cheddar, pepperjack)*

### TURKEY STACK **GF**

in-house smoked turkey, thick cut bacon, sliced cheddar, shredded lettuce, tomato, chipotle aioli ... 20

### HERKY CHEESESTEAK

philly steak, onion, green pepper, merkt's cheddar, french loaf ... 24

### BUFFALO CHICKEN WRAP

crispy or grilled chicken, buffalo, shredded lettuce, shredded cheddar, tomato, side of ranch, honey wheat wrap ... 17

### GRILLED CALI WRAP

grilled chicken, avocado, tomato, red onion, shredded lettuce, chipotle aioli, honey wheat wrap ... 17

### SPICY CHICKEN

grilled chicken, grilled jalapeño, avocado, pepper jack, shredded lettuce, brioche ... 18

## SLIDERS

### CHEESEBURGER (3)

merkt's cheddar, shredded lettuce, brioche ... 16

### BUFFALO CHICKEN (3)

crispy chicken, buffalo ... 16

## SIDES

**WAFFLE FRIES** ... 5

**TOTS** ... 5

**SWEET POTATO FRIES** ... 6

**MAC + CHEESE** ... 6

**SIDE SALAD** ... 6

**BROCCOLI** ... 6

## DESSERTS

### COOKIE SKILLET

served with two scoops of vanilla ice cream and chocolate sauce ... 13

### FRIED OREOS (5)

better than your grandma's, served with vanilla ice cream ... 13